

# Seedy Sunday & Garden Extravaganza:

Seed exchange, Workshops, Displays

## Agenda

Sunday, March 3<sup>rd</sup>, 2013

Baggage Building, Prince Arthurs Landing (Marina  
Park)

*A Special Feature for 2013: 1:00 pm Upper Level*

**“Healthy Eating Makes the Grade” presents:**

***The Seedy Sunday Players***

**Get the dirt about school food gardens – through drama!**

**Be inspired by the theatrics of this one-time presentation by  
local elementary school students.**

## Workshops

1:15-2 pm Planning your garden – Marcelle Paulin  
and Brendan Grant from Sleepy G Farm  
-Upstairs



Marcelle and Brendan will be discussing planning steps involved in starting your own vegetable garden. Choosing a site, tools needed, choosing vegetable types and varieties, and space needed for a chosen harvest target. The farmers will also be available to answer questions and discuss other topics if time allows.

Sleepy G Farm is a traditional small-scale mixed farm, which produces food in an ecological manner. We protect habitat, soil and water quality on the farm through thoughtful management. All of our animals are raised on pasture and our vegetables are grown without synthetic chemicals to produce clean, fresh, delicious high quality food.

2-3 pm      Setting Up Your Garden to Save Seeds –  
Workshop Presenter - Gwen O'Reilly  
-Upstairs

Learn some basic seed saving techniques and tricks to set up your garden (and kitchen) for saving seeds. Yes, you can save seeds AND eat the vegetables!

3-4 pm      Pollinators, Predators, and Protection – Using beneficial  
insects to help you save your harvest – and your Seeds  
Workshop Presenter - Joanne Henderson  
-Upstairs

Plan to incorporate these 3 P's into your greenhouse or garden this year to help your plants set flowers and make fruit and seeds without the use of pesticides.

1-4 pm      Seed Exchange  
- Lower level

Displays    1-4 pm on the Lower Level

- Community Garden Collective
- EcoSuperior – Seeds for sale
- Seeds of Diversity
- School Gardens
- Roots to Harvest
- Good Food Box
- And more ....